



Pork Cotoletta with Italian Coleslaw

For the pork:

INGREDIENTS:

4 x 260-280g loin of pork cutlets from good quality organic free range pork. (Ask your butcher to remove the skin from the cutlets & scrape the bones clean!)

3 large free range eggs

80ml milk

60g (about ½ cup) plain flour

160g panko (Japanese) breadcrumbs

20g (1 tablespoon) freshly grated parmesan cheese

20g (¼ bunch) parsley leaves, picked & washed, finely chopped

Zest of 1 lemon

Sea salt & freshly milled black pepper

120ml canola oil

80g unsalted butter

4 large Lemon wedges

METHOD:

- Use a meat tenderizer to flatten each pork cutlet (sandwiching the meat between 2 freezer bags will assist, or ask your butcher to do this). You want the meat to be no more than 10mm thick.
- Beat the eggs & milk together with a pinch of salt & a couple of turns of the pepper mill.
- Mix the crumbs with the lemon zest, parsley & parmesan, add a pinch of salt & a couple of turns of the pepper mill.
- Lightly dust the cutlets in the flour, then coat them with the egg, the coat them with the crumbs, taking care to press the crumbs on firmly.
- Place the crumbed cutlets on a tray in the fridge until you are ready to cook them.
- When you are ready to cook (after making the coleslaw below), heat 2 large frypans (or cook them in 2 batches in 1 large frypan, if that is all you have, keeping the cooked cotolettas warm in a low oven while cooking the second batch!).
- Add the oil & heat until a few crumbs sizzle when dropped in. Add the butter & as it is melting add the cotolettas & cook until golden brown, for about 3-4 minutes. Carefully turn them over & give them another 3-4

minutes, until they are golden brown.

- Remove them from oil/butter & place them on an oven proof tray lined with absorbent kitchen paper in a low oven. At this stage you can toss together the coleslaw & divide it up onto the 4 plates.
- Paint a stripe of Dijon mustard across the plate. Serve the cotolettas next to the coleslaw & garnish with the lemon wedges

For the coleslaw:

INGREDIENTS:

300g (about ¼ of a small) cabbage cut into fine julienne

40g (½ bulb) baby fennel, thinly sliced on a mandoline (vegetable slicer)

20g (½ of a small) red onion, thinly sliced

40g (2-3 small) radishes, thinly sliced on a mandoline (vegetable slicer)

20g (¼ bunch) basil leaves, picked & washed

20g (¼ bunch) mint leaves, picked & washed

20g (¼ bunch) parsley leaves, picked & washed

20g (1 tablespoon) tiny salted capers, rinsed in cold water, drained

20g (1 tablespoon) freshly grated parmesan cheese

20g (¼ bunch) watercress, picked & washed

80g baby peas, podded & blanched

10ml (2 teaspoons) chilli oil

40ml (2 tablespoons) freshly squeezed lemon juice

80ml (4 tablespoons) Extra Virgin Olive Oil

Freshly milled black pepper to taste & a generous pinch of sea salt

METHOD:

- Place all the prepared vegetables, herbs & cheese in a large bowl & toss together.
- Add the oils, lemon juice, salt & pepper & toss again.
- Taste & adjust the seasoning if necessary.
- Divide between 4 large plates by piling up the ingredients high, making sure you get all the small pieces that fall to the bottom of the bowl!